

# Chia Breakfast Parfait

Source: The Vegan Starter Kit by Neal Barnard, MD; recipe by Christine Waltermeyer

Find this recipe and more in [The Vegan Starter Kit](#) by Neal Barnard, MD.

## About the Recipe

**246 Calories · 6 g Protein · 13 g Fiber**  
**Breakfast**

## Ingredients

***Makes 3 Servings***

- 2 cups unsweetened vanilla almond milk
- 1/2 cup chia seeds
- 3 tbsp. maple syrup
- 1/2 tsp. vanilla extract
- 2 cups mixed berries
- to taste fresh mint sprigs

## Directions

1. In a medium bowl, combine the almond milk, chia seeds, maple syrup, and vanilla extract. Whisk to combine. Cover the bowl with plastic wrap and refrigerate for 6 hours or overnight.
2. The next day, spoon the chia pudding and mixed berries in alternating layers into three small mason jars. Finish with a layer of berries and top with fresh mint.

## Nutrition Facts

*Per serving (1/3 of recipe)*

**Calories:** 246

**Protein:** 6 g

**Carbohydrate:** 36 g

**Sugar:** 18 g

**Total Fat:** 10 g

**Calories from Fat:** 35%

**Fiber:** 13 g

**Sodium:** 121 mg